

## Protective Diet Class #080

### Shift From Deprivation to Privilege

*Learn to see the practice of a Protective Diet as a privilege and gift to your body, instead of focusing on what you lack, what you long for, or what you miss. After 30 days of PD practice you are free of physical food addiction. The only thing remaining is the mental game. Shift your mind. Eliminate recurring thoughts of foods that never served you and embrace the life you CAN have.*

#### Announcements

- Join us in [Protective Diet Living \(PDL\)](#) to get support and recharge.
- Check the [Class Schedule](#) for upcoming classes.
- Feel free to send in a question related to the upcoming class so we can answer it in class.
- During class, type questions in the [chat](#) in ALL CAPS so we can see and answer them along the way.

#### Vocabulary

Deprivation  
Privilege

Commitment  
High Five Yourself

Ideal Body Weight  
Optimal Health

Physical Food Addiction  
Restriction

#### Action Steps for a Privilege Mindset

- **Focus on the Life You Want**
  - Become aware of what you want in life so you can focus on the bigger picture instead of off-plan foods.
  - Continue watching [PD-Ed classes](#) to increase your focus on achieving your goals, that's why you are in this classroom.
  - Make a firm decision that no matter what, you are going to choose optimal health.
  - See your PD practice as knowledge, power, awareness and a privilege, not a sacrifice.
  - Visualize optimal health when you lay in bed at night. Imagine your blood flowing perfectly throughout your body, from your heart to your toes and back up again to your brain...everything is perfect.
  - Celebrate your food. Every item you put in your mouth determines whether you will be in control of your health or if you are going to take a chance and have a variable future. Make it taste good.
  - Lose "the glass is half empty" mentality. "I can't have \_\_\_\_\_," should not be part of your vocabulary.
  - Make a list of what you CAN have and what you WILL have as you stick to your plan.
  - Speak what you know and what you want. Every time you speak the things you know, you are building up a knowledge base; your own internal support system that will be so reinforced, you won't even be tempted. It will be so easy because you have practiced speaking what you want to experience.

#### WHEN SHOPPING

- Instead of seeing produce and whole grains as limited options ("Ugh! I have to buy broccoli again") put that broccoli in your cart and tell your kids what that broccoli does for your body. Say it out loud, "These greens are making me well. They are helping me. They are giving my skin this glow."

#### AT MEALS

- Talk about the exciting nutrients and health you are getting from the food you are eating. "We are eating this romaine lettuce because it's the most nutritious of all the lettuce." "We are eating this kale because it's protective and improves my blood flow."

#### WHEN ATTENDING A PARTY OR EVENT

- Feed yourself before you go to the party or pack up your salad dressing and take it with you.
- See eating before the event as a privilege and a victory. You had a prepared pantry. You were on top of your game to take care of you and maintain your health and achieve your goals.
- Feel powerful and empowered at the party knowing the others are not as fortunate as you are to know this information or not willing to receive it...don't worry about it. You don't need to be in their unhealthy club. You have your Protective Diet club. You want to achieve optimal health so you take care of you.
- Explain what you are doing to someone else. This reinforces everything you are doing and reignites your excitement.

- **Avoid the 3 Reasons People Feel This is a Sacrifice**

1. **THEY HAVE NOT COMMITTED.** They are still enjoying off-plan foods & not practicing 100%.

- Make a firm commitment to apply this 100%. If you want to feel energized, eliminate inflammation from your body, reach your ideal body weight without exercise or the up and down struggle, practice 100% and do the 50/50 plate. Pamper yourself with a Protective Diet while your body “cleans house”.
- View it as the gift you are giving yourself.

2. **THEY HAVE NOT TAKEN THE TIME TO UNDERSTAND THE SCIENCE** behind a PD and how it promotes your endothelium.

- See that eating out and consuming oils will damage your endothelium.
- Eating a 50/50 plate for protection.
- Keep thoughts about what your greens are doing for your body in mind while you eat them. Remember what the chlorophyll does to protect you from cancer; how the greens produce nitric oxide to open your blood vessels and produce clean blood flow.
- Understand what each meal/off-plan meal does to the body and the taste bud receptors.

3. **THEY ARE NOT READY TO BE HEALED**

- Some people enjoy “the search” and don’t want to resolve the problem. They use their problem as a way to identify themselves. They are so attached to their chronic health limitation that they don’t want to let it go.
- Labeling yourself as obese, an addict, someone who can’t live without peanut butter, will make it true.
- Choose to envision your body working in perfect health instead.

### Student Q&A

Q: Why do I still want off-plan foods even though I am practicing a Protective Diet?

Q: If you go off-plan and you are restarting the 30-day detox is there anything different you should do?

### Encouragement

- High Five Yourself! I high fived myself because I am so awesome, I stuck to my original plan.
- I don’t ever want to be in a doctor’s office with them telling me what is going on inside my body. I want to protect the inside of my body every single day at every single meal. We have the ability to do this.
- Living for optimal health is the best gift you can give yourself! If you haven’t got your health, you haven’t got anything.

*See this as your knowledge, your power, your privilege;  
the answer that is going to get you what you REALLY want in life.*

### Recommended Recipes

- [French Onion Dip](#)
- [Asian Style Kale](#)
- [Buffalo Cauliflower](#)
- [Corn Tortillas](#)
- [King Sauce](#)
- [Broccoli in Garlic Sauce](#)
- [Popcorn Shrimp](#)
- [Baked Tortilla Chips](#)

### Recommended Classes

- [#072 PD Practice Check Up--50/50 plate](#)
- [#010 Greens Discussion](#)
- [#099 Visualize Optimal Health](#)
- [#097 21 Meals to PD Mastery](#)
- [#266 Homemade Tortillas](#)
- [#076 Three Phases of Recovery](#)
- [#048 Greens & Their Importance on a PD](#)
- [#079 Dining Out Protective Diet Style](#)
- [#122 Freedom to Succeed](#)